Burnout & Healing in the Face of a Global Pandemic

Webinar: March 15, 2021 12:00 – 1:30 p.m.



Featuring Guest Presenter:
Benjamin Anderson, VP of Rural Health & Hospitals for Colorado Hospital Association

Description: When a person exhibits noticeable declines in work performance, attitude, and interactions with others, their colleagues and organizations are often quick to blame, punish, or even terminate employment. Some employers intuitively connect these behavior changes to signs of burnout or emotional injury and offer individual coping resources, such as breathing exercises or courses in mindfulness and work-life balance. These efforts, while well-intended and important, can seem hurtful if the causes of the burnout are structural as well as individual. In this session, Benjamin will use true stories of heroism and despair to humanize the impact of emotional injury and offer simple tools for structural changes that lead to recovery.

Please join us for this free event:

<u>Register Here</u>



Webinar hosted by the Missouri Primary Care Association.

Contact Joni Adamson: jadamson@mo-pa.org with any questions.

This webinar is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$244,478 with zero percent financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government